



Effect of Education on Human Health

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Abstract: One of the biggest dreams of people is to live a healthy life. In this article, one of the important rules for living a healthy life is about physical education.

Key words: Body, health, training, body, sport, upbringing, childhood, adolescence, human, protection, regime.

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As we know from ancient times, it is enough for a person to live a healthy life if he simply follows the rules. A person who learns useful habits and avoids harmful habits does not lose his health.

“Badantaria is a specially selected system of exercises that has a comprehensive effect on the human body” [3].

“As a result of performing physical exercises, the body’s defenses are well developed. Exercise that begins in childhood and adolescence is especially beneficial. It is necessary to cultivate the habit of following a solid regime in everyone. Doing physical education, walking in the fresh air, participating in sports games are factors that ensure longevity and health” [4].

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Many studies have been conducted on physical education, “according to research, most of the pedagogical works created by our enlightened ancestors in the second half of the 19th century and the beginning of the 20th century have a special emphasis on raising children physically healthy. Focused. For example,

“Abu Ali ibn Sina’s book “Kitab al-Qanun fit-tib” gave various recommendations for following a healthy lifestyle. They are as follows:

- Engage in physical education;

- Bathing and exercise;
- Dining event;
- Water and drinks event;
- About sleep”[7].

In order to regularly engage in physical education, we must first follow its simple rules. “At the time of starting physical education, the body should be clean, there should be no bad, immature cells in the internal organs and veins, physical education can spread these to the whole body. The food eaten yesterday has been digested in the stomach, liver and veins, and the time for the next meal should be approaching. The exercise of a full stomach is better than the exercise of an empty stomach. Moderation is the best condition for physical education. Sometimes a person with a hot and dry client can get sick from exercise. If he stops it, he will be cured” [6].

There are many benefits of physical exercise and physical education for humans. “As a result of exercise, the breakdown of fats increases, body weight decreases, and the amount of fats in the blood improves.”As a result of exercise, the breakdown of fats increases, body weight decreases, and the amount of fats in the blood improves.As a result, atherosclerosis and vascular disease are prevented.Also, another beneficial aspect is that the exchange of carbohydrates is improved, and the potential (potential) power of the muscles is also improved” [2].

In our motherland, Uzbekistan, great attention is paid to physical education and physical education. The main thing is that they are included in textbooks and training manuals to provide such useful knowledge.

“Deciding on a healthy lifestyle in our society has been raised to the level of state policy, and at the same time, fundamental reforms in raising a physically mature and healthy generation are being implemented step by step in our country. For example, the Law of the Republic of Uzbekistan “On Physical Education and Sports” and the Cabinet of Ministers’ Decision “On Measures for the Further Development of Physical Education and Sports in Uzbekistan” the important tasks that have been carried out have been expressed” [5].

“Physical education activities for students are in the form of morning physical education, physical education classes, sports club training, sports fitness competitions and holidays. Morning physical education classes are held in public in student dormitories, independently in residences and families. Morning physical training can consist of exercises for arm, leg and trunk muscles, breathing exercises” [2].

“The benefits of morning exercise for human health are incomparable,” says Hokimniyoz Embergenov, a 79-year-old veteran of the communications industry. – Because a person feels good all day long, his appetite improves, he is free from any diseases. That is why we have made physical education a daily habit. I have been working regularly since 1994. Our group consists of representatives of culture, education, healthcare, service and other fields.

As a family, we regularly do morning physical education, - says Orinboy Toreniyazov, an architect who served the Republic of Karakalpakstan, laureate of the Karakalpak State Award named after Berdak. – We must promote physical education and sports, including morning physical education, among our youth. In this, we veterans should be an example to the youth. It serves to strengthen public health as well as to prevent crime. Because no evil will come from a person who is regularly engaged in sports” [7].

Physical education classes at school should help students develop physically in all aspects, their physical education, mastering the techniques of certain sports, and thus, at the same time, prepare them to pass the educational and general complex norms of GTO.

The content and methods of physical education classes in different classes of the school should be suitable for the age characteristics of the students and their physical capabilities. Physical education is one of the means of educating the growing young generation, strengthening students' health skills, preparing them for productive work and defense of the homeland" [1].

"In a word, health is a person's mental calmness and ability to resist the harmful effects of the external environment. In order to live a healthy life, it is necessary to train the body in various natural environmental conditions. It is necessary to inculcate this especially in the minds of our youth. After all, training from childhood and adolescence is a guarantee of a healthy life and a long life" [8].

Indeed, not everyone can be a highly qualified athlete, but everyone should not forget that they are responsible for their own health. In order to achieve good health, he should take some time and regularly engage in physical training.

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